
NE LESSON CODE BF-000-23

A Mother's Guide To Breastfeeding / Guia Materna Para La Alimentacion Con El Pecho

OBJECTIVES

Participants will:

- # know two ways to avoid sore nipples.
- # know two ways to discreetly breastfeed in public.
- # know two places to call for breastfeeding help and information.

MATERIALS

Videotape program: *A Mother's Guide To Breastfeeding / Guia Materna Para La Alimentacion Con El Pecho* (produced by the Texas Department of Health, available in English and Spanish, approximately 15:20 minutes). To obtain additional copies use the Texas WIC Materials order form and fax your request to (512) 406-0722. This video was sent to all local agencies March, 2000.

TV/VCR

Can the Class Guess? Questions, attached; copy and cut out

Handouts:

- # *Tips for Nursing Mothers: The First Few Days*; stock #13-103, English and stock #13-103A, Spanish
- # *Tips for Nursing Mothers: Working and Breastfeeding*; stock # 13-104, English and stock # 13-104A, Spanish
- # Breastfeeding Help; attached, write in local phone numbers and make copies as needed
- # Breastfeeding Help and Information Stickers (optional)

Note about New Lesson Survey Forms:

The first few times a new lesson is presented, staff and participants need to complete the survey forms attached at the end of this lesson. Please note that the staff survey form is different from the participant survey form. Only 10-20 participant surveys need to be completed. Please mail completed Lesson Surveys to:

Delores Preece
Texas Department of Health
Bureau of Nutrition Services
1100 W. 49th Street
Austin, Texas 78756

TEACHING TIPS

This lesson includes *Can the Class Guess?* evaluation questions designed to create interaction among participants. The evaluation questions should be copied and cut out before teaching the class.

Read the background information found after each evaluation question before teaching the class to familiarize yourself with each topic. Background information should not be read word for word but will help you to elaborate on each topic, as you teach the class.

Start the lesson with the icebreaker and then show the video. After the video, hand out the evaluation questions, one at a time, and have participants read them out loud. If you are teaching the class to only one participant, read the evaluation questions yourself and let the participant answer. If a participant acts like they don't want to or can't read, read the question(s) for them.

Allow participants time to answer each question then read the correct answer out loud. Elaborate on each topic if desired. After the evaluation questions have been answered, let participants voice any other concerns they have about breastfeeding and share their experiences. Address the participants concerns. If the class is taking too long, use just three of the *Can the Class Guess?* questions.

Summarize the lesson and make sure each participant received the handouts.

ICE BREAKER

How many of you get headaches?

What is the first thing you do when you feel one coming on?

Possible answers:

- # Take an aspirin or anti-inflammatory pill
- # Put ice-pack on head
- # Rest
- # Lay down and take a nap
- # Turn off the lights

Why do you do this?

Possible answers:

- # To prevent the headache from getting worse
- # To make the headache go away

To feel better

Ask each question, waiting a few minutes after each question for moms to share their answer.

Your natural instinct is to take it easy to prevent the headache from getting worse and you try to make yourself feel better.

Some mothers experience discomfort from breastfeeding but don't know how to make themselves feel better. Just like treating signs of a headache, these are things you can do to prevent or heal discomfort before it becomes really painful. In this class, you will learn ways to avoid discomfort when breastfeeding and who you can call if you need breastfeeding help.

INTRODUCE THE VIDEO

This video will show you several mothers who met and overcame some challenges of breastfeeding.

SHOW THE VIDEO *A Mother's Guide To Breastfeeding*

DISCUSSION

Do you remember the breastfeeding mother at the very beginning of this video? She was getting help from a breastfeeding counselor because her nipples were sore. Have any of you ever had sore nipples when you were breastfeeding?

Allow participants time to share their experiences.

Let's talk more about how to avoid sore nipples.

Hand out *Can the Class Guess?* question #1 to a class participant and have them read it out loud:

1. The most common reason for sore nipples when breastfeeding is:

- a. baby sucks too hard.
- b. mother's breasts are too small or too large.
- c. baby is not sucking at the breast right.

Allow participants time to guess the answer.

The correct answer is "c". Baby is not sucking at the breast right. Improper positioning and latch-on are by far the most common reasons for soreness.

Background information for staff

Nipple tenderness in the first few days of breastfeeding is normal. The mother's nipples may feel tender at the beginning of feeds when the baby's first sucks stretch the nipple and areolar to the back of his mouth. This tenderness usually goes away once the mother's milk begins to flow and disappears completely within a day or two after birth if the baby is positioned and latched-on well to the breast.

Extreme nipple soreness or soreness that lasts beyond the first few days is almost always because of improper positioning and latch-on. Encourage participants to seek help as soon as possible and make sure they know several places they can go or call to get help breastfeeding their baby. Breastfeeding should be an enjoyable experience for the mother as well as the baby.

Give the handouts *Tips for Nursing Mothers: The First Few Days* and *Breastfeeding Help* to each participant.

The *Tips for Nursing Mother's* handout is very useful in the first few days of breastfeeding. If you are following the suggestions on the handout but still have questions or if you are having difficulty breastfeeding your baby, call one of the numbers listed on the *Breastfeeding Help* handout.

Hand out *Can the Class Guess?* question #2 to another class participant and have them read it out loud:

2. If you are breastfeeding a baby it is best to avoid:

- a. only foods that bother the baby
- b. broccoli, cabbage and onions
- c. spicy foods

Allow participants time to guess the answer.

The correct answer is "a." Most breastfeeding mothers can eat any food in moderation without affecting the baby. If the baby seems to get an upset stomach after you eat a certain food, you can avoid that food until the baby gets a little older.

Hand out *Can the Class Guess?* question #3 to another class participant and have them read it out loud:

3. When a breastfeeding mother goes out in public she should:

- a. nurse the baby right before she leaves the house.
- b. bring a baby blanket to help her nurse privately.
- c. nurse the baby in the grocery store, mall, restaurant, or wherever she is when the baby is hungry.

Allow participants time to guess the answer.

This is a trick question. The correct answer is all three. In Texas, there is a law that protects a woman's right to breastfeed her child in public. That means you can breastfeed ANYWHERE you are allowed to be.

Background information for staff

Many women choose not to breastfeed because they think it would be embarrassing to breastfeed in public. Inform participants that breastfeeding a baby in public does not mean exposing the breast.

A mother who is shy about breastfeeding in public can nurse the baby right before she leaves the house and wear something to help her privately breastfeed when she's away. An oversized shirt can be easily pulled up or she can wear a shirt that unbuttons from the bottom. A baby blanket can be thrown over her shoulder while she latches the baby on. If she needs even more privacy, a dressing room or a restroom with a lounge may be handy or her car if it's not too hot or cold outside.

Hand out *Can the Class Guess?* question #4 to another class participant and have them read it out loud:

4. True or false? Breastfeeding along with with formula feeding will upset the baby's stomach. If you are planning on formula feeding when returning to work or school, you should start out formula feeding.

Allow participants time to guess the answer.

The answer is false. Mother's milk is much easier for a baby to digest so it's best to start out breastfeeding. If you must use formula don't begin using it until a week or so before returning to work or school. When you return to work or school, breastfeed as much as possible, even if that's only at night or once a day. If you would like to continue giving your baby only breast milk after returning to work or school, talk to WIC staff about a breast pump.

Background information for staff

Inform participants that there are ingredients in breastmilk that protect the baby against illness and help the baby's brain grow in the best possible way. Formula doesn't have these things so any amount of breastmilk will help the baby.

Give the handout *Tips for Nursing Mothers: Working and Breastfeeding*.

Many women return to work and continue to feed their baby only breastmilk. This handout has a lot of good recommendations to help you do this.

Give *Can the Class Guess?* question #5 to another class participant and have them read it out loud:

5. If an infant bites his mother's nipple while breastfeeding she should:

- a. take him off the breast and never nurse him again.
- b. teach him that biting is not allowed and keep on breastfeeding.
- c. bite him back.

Allow participants time to guess the answer.

Well, the answer is definitely not bite him back. The correct answer is "b." A baby who bites his mother while breastfeeding usually does it accidentally. If your baby bites, say the word "NO" while taking him off the breast, then allow him to latch-on again a few seconds later. The last thing a baby wants is to have the breast taken away. He will quickly learn that biting is not allowed.

Background information for staff

A woman's natural instinct to a baby biting her nipple is to yell "ouch". This is often all it takes to keep the baby from biting again.

Give *Can the Class Guess?* question #6 to another class participant and have them read it out loud:

6. **The American Academy of Pediatrics recommends women breastfeed their baby for:**
- a. four months.
 - b. six months.
 - c. until the baby is twelve months old or longer.

Allow participants time to guess the answer.

The correct answer is “c.” The American Academy of Pediatrics recommends breastfeeding until a baby is at least 12 months old. Breastfeeding for more than a year is strongly encouraged. This is so babies can grow to be as healthy as possible.

Background information for staff

Mother's may think this seems like a long time to breastfeed. Explain to participants that by the time a baby is six months old, he will only need breastmilk 4 to 6 times a day. As a baby begins to eat other solid foods and dairy foods he will need less breastmilk. By the time he is twelve months old he may only need breastmilk 2 or 3 times a day. Some women will then encourage their toddler to wean from the breast. Other women will continue to nurse their toddler several times a day or only at nap-time and bedtime until the toddler weans himself.

What other questions or concerns do you have about breastfeeding that were not addressed in this class?

Allow participants plenty of time to voice any concerns they may have with breastfeeding. If a Peer Counselor is available, allow time for a question and answer session where participants and Peer Counselor can share their experiences.

SUMMARIZE THE IMPORTANT POINTS

- # The first few weeks of breastfeeding can be challenging.
- # Call for help if you are experiencing difficulty or have questions.
- # Every breastfeeding problem has a solution.
- # Breastfeeding should be an enjoyable experience for you and your baby.

LA# _____

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A Mother's Guide To Breastfeeding
Lesson Survey Form - Participant

1. The name of the video I saw today was:_____
2. I am: (you may circle more than 1)
 - a. pregnant
 - b. breastfeeding
 - c. parent of an infant
 - d. parent of a child
 - e. family or friend
3. How much did you like the video?
 - a. a lot
 - b. a little
 - c. not at all
4. Do you plan to use the recipes on physical activities and snacks?
 - a. yes
 - b. no
5. Do you think this is a good video to show at WIC?
 - a. yes
 - b. no

Why?_____

6. What is the most useful thing you learned from the video and discussion today?

7. Comments:_____

Thank you for your comments!